

VIRGINIA PTA STUDENT PROGRAMS

VIRGINIA PTA 2019-2020



POWER PLATES

DO YOU HAVE A BUDDING CHEF?

The Virginia PTA Power Plates Program is a competition designed to encourage students to practice healthy eating habits.

Students can enter their original, healthy recipes in three easy steps:



1. Write down their recipe.



2. Fill out the student entry form.



3. Take a picture of their dish.

Students in grades Pre-K to 12 can enter their recipes in one of five categories:

BREAKFAST | DINNER | LUNCH | DESSERT | SNACK

DEADLINE: FEBRUARY 3, 2020

Student entry form can be found at <https://vapta.org/> under "Programs."
For more information, contact healthandsafety@vapta.org.

www.vapta.org



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